

# Girlfriend

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Bracken Heidenreich (USA) - February 2008  
音乐: Girlfriend - Avril Lavigne : (CD: The Best Damn Thing)



Start immediately!!

The clock positions in parentheses indicate the direction you should be facing at the end of the movement.

Or Music: Reckless by Aaron Watson, CD: The Honky Tonk Kid; 48 Count Intro

## (1-8) HIP BUMPS, KICK, KICK, SAILOR-OUT

1,2,3,4      Feet apart, weight on right: Bump hip to left side; Bump hip to right side; Bump hip to left side; Bump hip to right side  
5,6      Kick left across right; Kick left to left side  
7 & 8      Step left behind right; Step right to right side; Step left to left side (12:00)

## (9-16) TWIST, TWIST, KICK, KICK, SAILOR

1,2,3,4      Twist both heels to left; Bring heels center; Twist both heels to left; Bring heels center, ending with weight on left  
5,6      Kick right across left; Kick right to right side  
7 & 8      Step right behind left; Step left to left side; Step right slightly forward (12:00)

## (17-24) FORWARD ROCK, TRIPLE STEP HALF, TRIPLE STEP HALF, BACK ROCK

1,2      Rock left forward; Recover to right  
3 & 4      Turn 1/4 left and step left to side; Step right together; Turn 1/4 left and step left forward (6:00)  
5 & 6      Turn 1/4 left and step right to side; Step left together; Turn 1/4 left and step right back (12:00)  
7,8      Rock left back; Recover to right

## (25-32) JUMP, CLAP, JUMP, CLAP, TRIPLE STEP, TRIPLE STEP

& 1,2      &1 – Jump forward stepping Left, Right; 2 - Clap  
& 3,4      &1 – Jump back stepping Right, Left; 2 - Clap  
5 & 6      Step Right forward to right diagonal; & Step Left together; Step Right forward to right diagonal  
7 & 8      Make 1/4 turn left, then step Left forward; & Step Right together; Step Left forward (9:00)

## (33-40) KICK, KICK, KICK, KICK, TOUCH, KICK, BEHIND AND CROSS

1,2      Kick right across left; Kick right to right side  
3,4      Kick right across left; Kick right to right side  
5,6      Tap right behind left; Kick right to right side  
7 & 8      Step right behind left; & Step left to left side; Step right across (in front of) left (9:00)

## (41-48) KICK, KICK, KICK, KICK, TOUCH, KICK, BEHIND AND CROSS

1,2      Kick left across right; Kick left to left side  
3,4      Kick left across right; Kick left to left side  
5,6      Tap left behind right; Kick left to left side  
7 & 8      Step left behind right; & Step right to right side; Step left across (in front of) right (9:00)

## (49-56) TRIPLE SIDE, BACK ROCK, TRIPLE SIDE, BACK ROCK

1 & 2      Step right to right side; & Step Left together; Step Right to right side  
3,4      Rock left back; Recover to right  
5 & 6      Step Left to left side; & Step Right together; Step Left to left side  
7,8      Rock right back; Recover to left

**(57-64) OUT, OUT, SAILOR STEP, BEHIND, UNWIND, TWIST**

- 1,2            Step Right to right side, Step Left to left side  
3 & 4        Step right behind left; Step left to left side; Step right slightly forward  
5,6        Touch right behind left; Unwind 1/2 turn to left ending with weight on right (3:00)  
7,8        Twist both heels left; Bring feet center
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